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Friday, May 22, 2020

UHS' Rubin named Massachusetts 'Principal of the Year'

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — For 2020, the top high school principal in the state works at Uxbridge High School. Michael Rubin has recently been named the Massachusetts 2020 Principal of the Year by the Massachusetts School Administrators Association.

The honor recognizes one middle school and one high school principal "who have succeeded in providing high-quality learning opportunities for students as well as demonstrating exemplary contributions to the profession."

As Principal of the Year, Rubin's name will be submitted for consideration for National Principal of the Year.

"It is both humbling and overwhelming to have been selected for this most prestigious award," Rubin said. "I am grateful for the support of many people along the way, including many great colleagues and mentors,

who have contributed to our successes at UHS, be it as part of our community or from afar. I am also quite blessed to have an incredibly patient, understanding, and supportive family who understands the many sacrifices that come with school leadership."

In his fifth year at the helm of Uxbridge High, Rubin has shepherded in changes that have not only garnered local, state, and national recognition, but have also provided opportunities not typically available to students in a small high school. Under his leadership, Uxbridge High School was named one of only four schools in the Commonwealth in 2018 to earn initial distinction as an Innovation Pathway school.

In the time since, UHS has earned membership to the National Consortium of Secondary STEM Schools and the CAPS Network, both affiliated with merging expanded and authentic outcomes for students

in terms of career and post-secondary success, according to a district statement. The school has earned more than \$1 million in grant funding and has been named a Project Lead the Way commended school and one of the top 25 percent of all high schools in the nation, according to US News and World Report.

In addition, the school's guidance and engineering programs have been recognized at the state level for their accomplishments as well, and the school has hosted more than 50 schools over the past two years on various professional development tours and panels that intend to share learning experiences across the Commonwealth. The UHS administration has presented at the national level on building strategic community partnerships to enhance curricular outcomes for students, and, in the past year, has shared its post-secondary programs as part of pilot

Turn To RUBIN page A9



Courtesy

SALUTING OUR SENIORS

A group of 20 teachers drove throughout Northbridge and Whitinsville last week putting up lawn signs celebrating Northbridge High School's Class of 2020.

Blackstone Valley Tech announces the Class of 2020

UPTON — Blackstone Valley Regional Vocational Technical High School (BVT), announces the names of the 298 members of the graduating Class of 2020. The seniors are listed alphabetically by their last name, vocational-technical program, and grouped according to hometown. Membership in the National Honor Society is indicated by (NHS), and membership in the National Technical Honor Society is noted by (NTHS).

BVT is proud to recognize the Class of 2020 Student Officers: Class President, Cole Peterson of Mendon; Vice President, Nico Allemann of Grafton; Secretary, Sage Hurteau of Douglas; and Historian, Logan Keefe of Milford. The Class of 2020 Valedictorian is Brandon Kee of Milford, and the Salutatorian is Daniel McDonald of Grafton.

The graduation ceremony, celebrating the Class of 2020, is scheduled for Saturday, July 11.

Blackstone, 20 students
Zachary Thomas Barron, Construction Technology;
Aaron Luc Bolduc, Information Technology;
Zachary Craig Brabham, Plumbing;
Kayla Marie Briggs, Painting & Design Technology;
Maribeth Beatrice Buteau (NHS/NTHS), Construction Technology;
Ian Daniel Chartier, Plumbing;
Laina Kiley Cleaves, Culinary Arts;
Jessica Mae Connolly, Business & Entrepreneurship;

Abigail Elizabeth Cook (NHS/NTHS), Health Services;
Matthew Aaron Coppolino (NHS/NTHS), Engineering & Robotics;
Alyssa Paige Davis (NHS), Painting & Design Technology;
Madison Marie Highcove (NHS/NTHS), Drafting & Design Technology;
Dylan Jacob Huff, Electronics & Engineering Technology;
Emily Elizabeth Kalajian, Cosmetology;
Emma Elizabeth Kane, Business & Entrepreneurship;
Jared Thomas Loiselle, Construction Technology;
Samantha Laura Marville, Information Technology;
Kaitlyn Michelle Osborne (NHS/NTHS), Dental Assisting;
Carissa Lynn Penta (NHS/NTHS), Business & Entrepreneurship; and
Rebecca Fay Swenson (NHS/NTHS), Health Services.

Douglas, 34 students
Christina Nicole Aube (NHS), Drafting & Design Technology;
Grace Virginia Bertone, Multimedia Communications;
Cierra Alexiis Boucher, Multimedia Communications;
Nathan Jamie Boulanger, Auto Collision Repair & Refinishing;
Isabel Emily Briggs, Drafting & Design Technology;
Eric Richard Lloyd Buchanan, Information Technology;
Aiden Joshua Capistran, Construction Technology;
Jason Mark

Turn To BVT page A7

Virtual 'Cosmic Classics' concert to be held in June

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBRIDGE — One Northbridge resident is not letting the Covid-19 pandemic stop him from putting together a world-class concert.

Event Organizer Patrick Smith is engaging musicians and renting a concert hall to raise funds for Covid-19 relief through his "Best in Brass Cosmic Classics Concert" in June.

"Like everyone else on the planet, my 'best-laid plans' are overtaken by events. The flexibility and enthusiasm of the soloists—Christopher Martin, principal trumpet New York Philharmonic and Toby Oft, principal trombone Boston Symphony Orchestra—has given me hope" said Smith.

Smith has planned a livestream concert from an empty Mechanics Hall in

Turn To CONCERT page A7



Courtesy

DOUGLAS FIRST RESPONDERS RECEIVE FACE MASKS

On May 7, MaskMeToday.com, a division of PB Supply, Inc., represented by Paul K Boutiette, President and Pauline Boutiette of Manchaug, donated \$300 in face masks to the Fire Chief Kent Vinson and the Town of Douglas First Responders. With Covid-19 in full swing and the need for face masks by First Responders, of which face masks are in short supply these days, Paul & Pauline Boutiette, owners of MaskMeToday.com, a new small business located in Manchaug, have recognized this need for face masks and stepped up to donate (140) Procedure Masks and (50) KN95 Masks to the Town of Douglas First Responders to help protect our valuable men and women who step in harms way every day fighting to protect us. Boutiette states "Since we launched our new website www.MaskMeToday.com on April 28 we have marketed in excess of 30,000 face masks to those in need. Response has been overwhelming, mostly due to our fair pricing. We hope this small donation to the Town of Douglas helps keep our First Responders safe. Chief Vinson knows all too well how devastating the coronavirus is as he and his crew risk facing this virus daily. We are grateful for all they do." Pictured, Left to Right: Firefighter/Paramedic Paul Latino, Douglas Fire Chief Kent Vinson, Pauline Boutiette & Paul Boutiette.

Uxbridge Public Schools welcomes new Director of Pupil Services

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — During its time of closure due to the Covid-19 pandemic, the Uxbridge Public School District has not stopped its hiring process. Superintendent of Schools Dr. Frank Tiano recently announced that Jennifer Ramsdell will serve as the next Director of Pupil Services for the Uxbridge Public School District.

Previously, Ramsdell had worked in several roles at the district's Taft Early Learning Center.

"I am grateful for the efforts of our school and district administrators along with the teachers, staff, and parents who patiently participated in this process during this time of closure," said Dr. Tiano.

According to the school district, Ramsdell was chosen from a strong pool of 31 applicants to replace Interim Director Ms. Margo Austein. She will be joining the Uxbridge Schools Central Administration from her previous role at the Taft Early Learning Center, where she had served as Preschool Director, Out of District Coordinator (K-7), Team Chairperson (Pre-K and K), and Extended School Year Coordinator.

"This is an important position for any school district and in her time with us in Uxbridge, Ms. Ramsdell has demonstrated the knowledge, experience, and dedication to our learners that we believe will serve our community for years to come," Tiano added.

Ramsdell has spent her entire career servicing the needs of special education students and their families in a variety of teaching and leadership roles and looks forward to continuing that service in a broader capacity, the school district released. She holds a Bachelor of Arts degree from Gordon College and a Master of Science in Education from Simmons College.

Ramsdell will spend the next two months transitioning into her new position, according to a district statement. Her tenure will begin on July 1.

BVT goes the extra mile to celebrate seniors

UPTON – The spring can be a bitter-sweet time for seniors as they finish out their last year of high school and head toward graduation. For the Class of 2020, Blackstone Valley Regional Vocational Technical High School (BVT) recognizes that the close of this school year is going to be different, but different can be fun. BVT is going the extra mile to celebrate its seniors in a fun and creative way.

Surprising the Class of 2020 with congratulatory lawn signs, had everyone smiling under their face masks on Friday, May 1. More than 50 of our teachers, instructors, administrators, and support staff volunteered to travel throughout the district in a coordinated effort to surprise seniors with a unique delivery and a quick little hello from a safe distance.

In small, staggered, separated groups, allowing for social distancing, volunteers arrived at BVT through a safe, scheduled process that allowed for signage pick-up before departing to homes across the district — driving separately to their assigned delivery

route. Despite some rain, it was a bright day with school spirits high, and BVT pride on full display with car decals, decorations, and the perfect playlist as volunteers got creative in making their deliveries extra special. Even Superintendent-Director Dr. Michael F. Fitzpatrick joined in on the fun sporting a beaver face mask to bring smiles and unexpected delight to some of the seniors in Milford.

The seniors were surprised to see the masked, but familiar faces drive up to their homes honking, waving, and showing off their school pride, as congratulatory lawn signs were delivered. They raised each other's spirits and celebrated in a new and creative way. Check out the fun photos at: www.valleytech.k12.ma.us/celebratingourse-niors.

ABOUT BLACKSTONE VALLEY REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Millford, Millbury, Millville, Northbridge, Sutton, Upton,



Courtesy

The lawn signs read CONGRATULATIONS 2020 BVT GRAD.

and Uxbridge. Located in the heart of the Blackstone Valley, Blackstone Valley Tech creates a positive learning community that prepares students for personal and professional success in

an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school's Web site is www.valleytech.k12.ma.us.

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Aquarion reminds shut businesses to flush water systems prior to reopening

MILLBURY — Aquarion Water Company reminds business owners who have closed their buildings during the pandemic to flush building water systems prior to returning to normal use of their tap water. After an extended period of non-use, potable water can become stagnant. By flushing internal/external systems, fresh water is drawn into the building from the company's water mains. Fresh water is constantly flowing throughout Aquarion's water distribution system.

The Massachusetts Department of Environmental Protection (MassDEP) has developed specific procedures for flushing building water systems. MassDEP's introductory guidance is as follows:

MassDEP Building Flushing Information
This information may be useful for Public Water Systems and large and small facilities or homes on a public water system after buildings have been shut down or used less frequently

General comments:
As buildings have been shut down or used less frequently, water quality in the buildings may become degraded due to stagnation. It is always a good practice to flush all water supply lines in a facility after a prolonged closure to ensure that fresh water is in the system. This guidance provides a general road-map for how to flush stale stagnant water from homes and other buildings and get the plumbing system water quality back to pre-stagnation conditions and ensure that your water system is safe to use after a prolonged shutdown. Please note: During the COVID-19 pandemic State of Emergency, social distancing protocols must be followed by facility staff while performing steps to return service to homes and other buildings as well as while engaging with residents.

The complete MassDEP guidance document is available at www.aquarionwater.com/customer-care/covid-19 or www.mass.gov/doc/massdep-building-flushing-information/download. Additional guidance is available from the Centers for Disease Control and Prevention at www.cdc.gov/coronavirus/2019-ncov/php/building-water-system.html.

Business customers with additional flushing questions can contact Aquarion Customer Service at 1-800-732-9678.

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Helping Kids Cope With COVID-19 Concerns

- Talk to kids about COVID-19 and social distancing, and ask them to express their feelings about it.
- Limit your child's exposure to news and social media related to COVID-19.
- Connect with outside family members or households together through phone or video chats.
- Seek ways to keep kids active, engaged, learning and having fun at home each day.



Bored? Blue? Anxious?

Try these tips and ideas to help yourself relax and enjoy your time at home:

1. Begin your day with a deep breathing, meditation or gentle stretch routine.
2. Connect socially by phone, text or video chat each day.
3. Focus on the positive by keeping a gratitude journal.
4. Talk about your feelings with others, and encourage them to do the same.
5. Practice self-care, whether physical, mental, spiritual or all three.
6. Keep your living space clean and organized, and try to maintain a daily routine.
7. Create a want-to-do list of things you haven't had time to focus on in the past: book lists, classic movies, fitness, crafts, online classes, new recipes, a language learning app or anything that "sparks joy" for you.

Pets and the Pandemic

Shelter-in-place guidelines are treating many pets to more time at home with their favorite people. Here a few quick tips to help you both make the most of it:

- Make sure you have a two-week supply of pet food and any essential medications on hand.
- Try teaching your dog a new command or trick for fun, or as preparation for AKC Canine Good Citizen training.

- Play treat-hide-and-seek with your pup or create a canine obstacle course in your home or backyard.
- Stay active together with plenty of walks, keeping a safe social distance from passersby.
- Consider fostering or adopting a pet while you have extra time at home to help your new companion acclimate. Before adopting a pet, determine if you will have adequate time to care for him or her when you return to your regular post-pandemic schedule.



According to the CDC and other health organizations, there is no evidence that companion animals can spread COVID-19 to people. Humans should always wash their hands after touching any animal or pet food, and avoid kissing pets or sharing food, to prevent the spread of any illness. It is also advisable that people infected with COVID-19 limit close contact with their pets.

Telehealth and Mental Health Services

Many healthcare providers are offering video and phone consultation services as a more accessible option while social distancing guidelines are in place. If you have a health concern or are experiencing unmanageable anxiety or depression, talk to your doctor or insurance provider about telehealth services available to you.

SAMHSA's 24-Hour Disaster Distress Helpline

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline provides 24-hour confidential crisis counseling and support to anyone experiencing emotional distress related to natural or human-caused disasters like the coronavirus pandemic.

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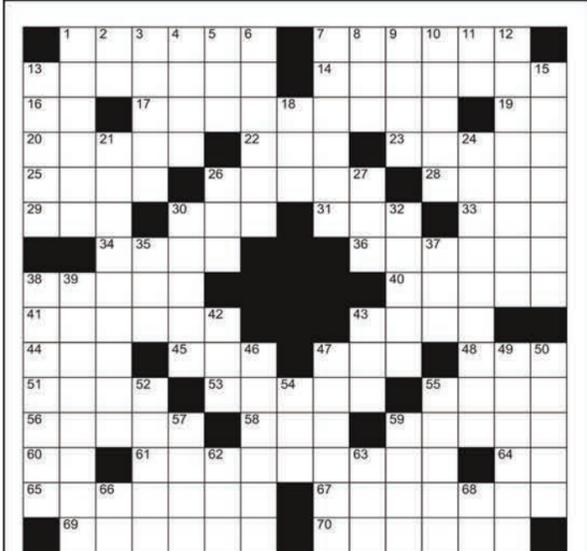
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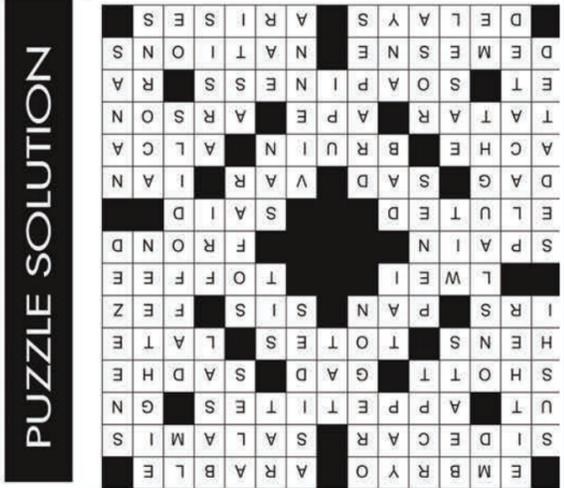


CLUES ACROSS

- 1. Seed part
- 7. Productive
- 13. Popular cocktail
- 14. Sausages
- 16. Western state
- 17. Natural desires
- 19. Defunct British automaker
- 20. Early media tycoon
- 22. Move from one place to another
- 23. Letter of Semitic abjads
- 25. Female birds
- 26. Umbrella brand
- 28. Delinquent
- 29. Tax collector
- 30. Cooking tool
- 31. Female sibling
- 33. Flat-topped hat
- 34. Angolan currency
- 36. Boardwalk candy
- 38. European nation
- 40. Leaflike part of palm
- 41. Removed with solvent
- 43. Uttered words
- 44. Unfashionable person
- 45. Disappointed
- 47. Controversial device in soccer
- 48. 007's creator
- 51. Pain
- 53. UCLA mascot
- 55. Razorbill
- 56. Turkic people
- 58. Mimic
- 59. Crime involving fire
- 60. And, Latin
- 61. A saponaceous quality
- 64. Dorm employee
- 65. Estate lands
- 67. States
- 69. They slow you down
- 70. Gets up

CLUES DOWN

- 1. One or the other
- 2. Doc
- 3. Songs have them
- 4. Record of payment (abbr.)
- 5. Speak endlessly
- 6. American state
- 7. Digressions
- 8. Tell on
- 9. Brews
- 10. Belongs to the bottom layer
- 11. American cigarette brand
- 12. Legal voting age in US
- 13. Dish
- 15. Expelled air from the nose
- 18. Body art
- 21. Fierce, destructive act
- 24. Bear bright yellow flowers
- 26. Japanese delicacy
- 27. Get off your feet
- 30. Male organs in some invertebrates
- 32. __, so good
- 35. Cleverness
- 37. Protest yacht
- 38. Anesthetized
- 39. Mollified
- 42. Touch lightly
- 43. Diego, Francisco, Anselmo
- 46. Some windows have them
- 47. National capital
- 49. Squirrels like them
- 50. Grandmothers
- 52. Painter's tool
- 54. News organization
- 55. __ and thesis: musical term
- 57. Famed activist Parks
- 59. __ Spumante (Italian wine)
- 62. A number or amount not specified
- 63. Body part
- 66. Of I
- 68. Old English



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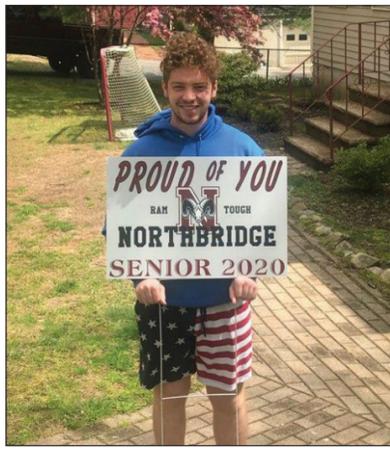
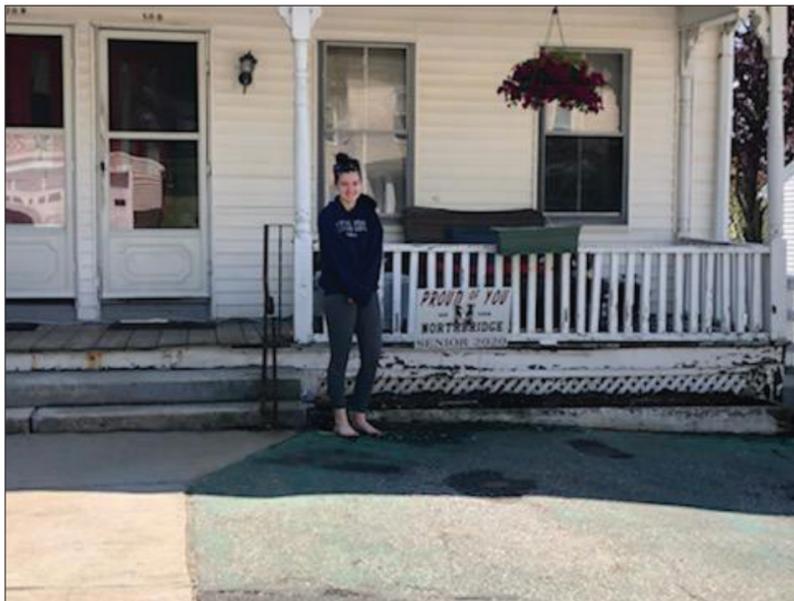
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Northbridge High School staff salute seniors



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Friday's Child



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Danielle is a bright teenage girl of Caucasian descent. She has many strengths that shine through, but some of Danielle's best qualities are her manners, her friendliness, and the fact that she can see the best in everyone. Danielle enjoys reading, participating in Girl Scouts and doing arts and crafts projects. She loves horses and hopes to have a career working with animals one day. Danielle likes attending school, and looks forward to learning new things. She does well advocating

for herself when she needs to. Danielle would thrive in an experienced family who will allow her to build a relationship and develop trust at her own pace. Danielle is legally freed for adoption and has two siblings she will need to maintain contact with once she is placed.

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The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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continued from page A1

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CONCERT

continued from page A1

Worcester on Sunday, June 7, at 3 p.m. All profits from the event will go toward the Massachusetts Covid-19 Relief Fund and Partners in Health.

Smith added that “the selected music sends solace from Worcester to the world in these troubled times.”

The concert will take place virtually from The Great Hall of Mechanics Hall located in Worcester. The location is said to be an acoustical masterpiece and internationally regarded as one of the world’s great concert halls for its superb acoustics and inspirational beauty, Smith released in a statement.

“Social distancing should not be an issue as the hall accommodates well over 1,500 people and we need only 15,” he said. “We have two soloists, one organist, two harpists, a crew of four from WGBH, a staff of four from the hall, emcee Brian McCreath, and myself.”

Smith gave a glimpse at the global nature of the livestream.

“Our opening selection—Beau Soir (Beautiful Evening) by Claude Debussy (arr. by Stephen Bulla for euphonium and two harps)—airs at 9 p.m. Central European Time,” he said, adding that this is when Massachusetts native Haden McKay, a cellist in the Detroit Symphony Orchestra now residing in Canada, will remotely recite the poem (in French and English) by Paul Bourget that inspired this composition.

The livestream is free; Smith said donations are requested and appreciated. Those interested may register online here: cosmicbrass.eventbrite.com.

For more information on the groups benefitting from the concert, visit their Web sites at: www.macovid19relieffund.org and www.pih.org.



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EDITORIAL

Be excellent to each other

It seems as though human kindness has taken a back burner as of late, and we're not sure why. The remarks on social media between people bashing one another over politics or whether or not businesses should re-open, or whether or not the new Coronavirus is as 'real' as 'they' say, are over the top. Social media is certainly both a blessing and a curse.

Social media is a great way to keep in touch with friends and family, but it's also a platform for strangers to draw baseless conclusions and put each other down from behind the comfort of a keyboard. Once upon a time, those on opposing sides had face to face productive conversations. Those have since been replaced with this new format complete with emoji's and other memes or belittling GIFs.

Even more worthy of a raised eyebrow is how many people read a post or a news story from some random, disreputable source and then share it as incontrovertible fact. Nine times out of ten, a simple fact check will prove these "click-bait" posts to be non-factual. There are fake doctors putting out interviews on YouTube and people will just fall for them hook line and sinker. Please pause a moment and question what you're looking at objectively and always check the source.

It seems as though the regard for how we treat one another has been given a new standard, and we believe we know why; however, we'll leave that for our readers to decipher. Kindness and empathy along with professionalism is still alive and well and it's how our country has moved forward the way it has since its inception. Let's not forget that despite the current climate. What we need to remember is that no matter what you think, we are all on the same side.

When we're perusing online, it's not our job to correct a person if it can't be done in a positive way. If a person is being negative and inappropriate in how they interact online, then your best bet is to simply not engage. A heated argument never ends with any side switching to the other. A more productive means of conversation over a hot button issue would be to simply ask the other person questions. This is the best way to make a person think. A lighthearted example: "I see you think blueberry pie is better than Boston Cream pie — can you explain why?"

Asking questions from a meaningful angle can go a long way. Here's the truth of the matter, we don't know everyone we interact with online. With that being said negativity just fuels more negativity. It's easy to disagree with someone in a positive way. Another example could be, "I understand the point you're trying to make; however, I don't agree. With that being said, enjoy your day. It should be a sunny one!" Always try to leave things on a positive note. If you're feeling angry, go for a run or a drive. Don't take your frustration out on strangers online.

As Fred Rogers always said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" This has never been truer than in our current situation. With this pandemic, the outpouring of love and support we have seen does far outweigh any negativity. In Brooklyn, N.Y., every night at 7 p.m., everyone bangs pots and pans outside their windows as a way to show appreciation for local healthcare workers. This is something we have seen happening in several cities across the country. On a local level, people are raising money for food pantries and running errands to protect the elderly and other vulnerable populations. We dig it. At the end of the day, the glass should always be half full.

To quote one of our favorite duos from our childhood filmgoing experiences, Bill and Ted, "Be excellent to each other!"

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Blues-Busters to Boost your Mood!

With the current crisis making most of our social activities reduced or even stifled, it's easy to get the blues, or even the mean reds (a la Holly Golightly in Breakfast at Tiffany's). Instead of cheering yourself up with a double dip of ice cream, why not treat yourself to some mood boosters? Read on for an array of bad mood busters, some familiar to readers of this column and some new, that just might bring back your sunny smile this season! *Note: These suggestions are not meant as a substitute for medical attention. Seek medical advice if you have symptoms of depression. *



TAKE THE HINT
KAREN TRAINOR

Take Ten: Studies show ten minutes of moderate exercise or brisk walking is enough to improve overall mood, as well as increase vigor and decrease fatigue. And the best part is, ten minutes is all it takes to bust that bad mood because longer durations didn't further improve moods. ***

Massage your Mood: Did you know a good massage has the power to not only release toxins but to boost serotonin in the brain? If you can't afford to run out and get a massage every time you get a case of the blues, try self massaging your neck for five minutes at work, or treat your feet to a massage when you're in the tub or at the end of the day. ***

Mood Food: In a medical study over 70 percent of participants reported that increasing both their water and produce intake improved their mood. Want more? Twenty five percent said the simple dietary switch reduced their anxiety! ***

Sunny Smile: While lack Vitamin D has been linked to depression, sunlight exposure seems to have the greatest effect on your mood. When light passes through the eyes, it stimulates the production of the feel-good hormone serotonin in the brain. So soak up a little sun each day. Better yet, take a brisk ten minute walk on a sunny day and double the benefit from two known depression dampers! *

High on Fiber: New studies reveal people that regularly consumed a high fiber diet are less emotionally distressed and have more positive moods than those who eat a low fiber diet. As an added bonus, high fiber eaters fall asleep easier too. *

Fish Tale: Researchers have concluded fish can contribute to a good mood and sense of well being. The study showed Japanese people, who eat an average of 140 pounds of fish per year, have a very low depression rate of 0.12%. Germans, who eat an average of only 20 pounds of fish per year have a rate of depression forty times higher than the Japanese - you do the math! *

Light On!: Try increasing the amount of natural light in your home by pulling up shades and trimming trees that block natural light. Or, substitute florescent or incandescent lights with "sunshine" or "daylight" bulbs that mimic natural daylight. Experts claim sitting within three feet of a 300 watt bulb for 20 minutes three times a day can help boost serotonin. *

Cut Back: Cutting back calories has also been known to cut out bad moods. As a bonus benefit, trimming calories can also help you trim down, which will very like-

ly make you happy!

Carb Cue: Filling up on protein and "good carbs" from vegetables doesn't bog you down like eating complex carbs tends to do. Trim your carbohydrate intake and improve your energy (and your mood)! ***

Mush the Mood: And don't forget to get a daily dose of mushrooms! Did you know mushrooms, which taste great cooked or raw, are the only plant source of natural vitamin D? ***

Sugar High: The good news is research shows chocolate can fight depression by raising brain serotonin. You already know the bad news! If you're afraid self medicating with chocolate will blow your diet, choose low or no sugar choices such as stevia sweetened or bittersweet dark chocolate to reap the benefits and not the pounds. *

Humor Therapy: Did you know a hearty laugh improves moods, boosts immunity, and can even act as a sedentary workout? Believe it or not, researchers estimate that laughing 100 times is equal to ten minutes on the rowing machine or 15 minutes on an exercise bike. And laughing can actually serve as a total body workout! When you laugh out loud, blood pressure is lowered and there is an increase in vascular blood flow and in oxygenation of the blood, which further assists healing. Laughter also gives your diaphragm and abdominal, respiratory, facial and back muscles a workout. *

O.J. Rx: When you're feeling blue, drink a glass of orange juice, which contains folic acid. According to medical research, as little as 200 micrograms of folic acid is enough to relieve depression. *

Jovial Java: Are you aware caffeine can also be an effective antidepressant? Just don't drink more than a couple of cups of coffee a day or the effect can be counterproductive. *

Banana Boost: Eat a banana. Bananas boost serotonin and norepinephrine levels, which naturally ease depression. ***

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Is bald beautiful?

I've always had a love affair with my hair. The Moore men and many of the women have/had jet black hair. It comes from both sides of my father's tree, The Moore's and the Loucks.

As I was growing up, it was a point of family pride and became part of my identity. My grade schoolteachers could not seem to keep their hands off my hair. "It's so black and thick," they'd exclaim. We'd go to family reunions and I'd hear things like, "Gary sure is a Moore. Look at that hair!"

My mother always told me that when I was born, before she actually got to see me for that first moment, the doctor and nurses began to laugh, and the Doc said, "Look at that black hair!"

In 1988, I went on an all liquid diet which was the rage at the time. My hair started thinning and I



POSITIVELY SPEAKING
GARY W. MOORE

was assured it would grow back, but it didn't. No bald spots, but the thickness was gone, and I always regretted going on that fad diet.

Now I have cancer and am in chemotherapy. Every day when I wake up, I seem to have lost a little more of my hair. Add to the fact we are in quarantine and can't get it trimmed, my head is beginning to look like a mangy old coyote during the heat of the summer. I wear a ball cap around the house. I'm avoiding mirrors and am in denial. A friend recently said, "just shave it off. It will grow back." (I've heard that one before) Another said,

"And when it grows back it will be curly and a different color?"

A different color? Not black? Really? As of now, my thinning hair would be considered "salt and pepper" and I've been fine with that because the pepper was still black. But curly and a different color?

Cancer can strip you of more than your hair. I'm in the fight of my life and I plan to win. To fret about my hair seems ridiculous. I must face the reality that sometime soon, I'll head into the bathroom and probably just shave it all off. I get weird thoughts like, "Will I still be a Moore? Will people stare at me? If they realize I have cancer will they pity me?"

Being a columnist, author, and speaker, you must fight for attention. I've always enjoyed standing in front of large crowds

Turn To **POSITIVELY** page **A13**

Why should you see a financial advisor?

FINANCIAL FOCUS

DENNIS ANTONOPOULOS

The social distancing and stay-at-home orders necessitated by the coronavirus have led many of us to feel isolated. Still, we've fought

back through social media, "virtual" gatherings and walks in the neighborhood, where we could greet friends and neighbors (from six feet away). But when you're dealing with the financial effects of the virus and you're investing alone, you could encounter some problems that may prove costly.

Of course, with so much investment-related information available online, on television and in any number of periodicals, it's not surprising that some people feel they can invest without any assistance. But the volatility of the financial markets over the past few months has also pointed to the dangers of going solo in the investment world. And you might find that a professional financial advisor can help you in several ways, including the following:

Taking emotions out of investing. During this period of market turbulence, many self-guided investors are letting their emotions drive their investment decisions. As a result, they sell investments when their price is down, "locking in" their losses. Furthermore, if they then stay out of the financial markets, they will miss out on the eventual recovery — and some of the biggest gains in market rallies usually occur right at the beginning. But if you work with a financial advisor who has helped you develop a personalized investment strategy based on your goals, risk tolerance and time horizon, you will be far less likely to react to extreme market conditions by making ill-advised decisions.

Maintaining perspective. When you're putting away money for the future and you suddenly have a lot less of it, you might start to wonder if that future is somehow in jeopardy. But if you've been working with a financial advisor and following your investment strategy, you'll know that you don't have to immediately cash out those investments that have lost value, and you may not need to liquidate them for decades if they were designed for a long-term goal, such as retirement. By the time you do need to sell them, their value may well have appreciated significantly. And if you've got a well-constructed portfolio, you'll also own shorter-term, less volatile investments to help meet your current cash flow needs.

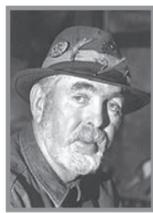
Understanding the history of investing. The recent market instability is unique in the sense that its cause — a worldwide pandemic — is so highly unusual, and it hopefully will be a once-in-a-lifetime experience. Typically, prolonged market downturns are triggered by explainable financial or economic factors, such as the bursting of the "dot-com" bubble in 2000. However, market drops of 20 percent or more — generally referred to as bear markets — are not at all unusual and have happened every few years over the past several decades. Financial advisors are well aware of this history and share it with their clients. And for many people, the knowledge that "we've been here before" is reassuring and makes it easier for them to continue following their investment strategies.

The road to your financial goals is a long one, with many twists and turns. So you might like to have some experienced company along the way.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

Good weather brings good fishing

Now that the weather has started to cooperate, fishing has started to improve dramatically on both fresh & saltwater. A call this past Sunday to Archie's Bait and Tackle shop in Providence, R.I. revealed some good news on stripers and tautog. A lot of bait fish have



THE GREAT OUTDOORS
.....
RALPH TRUE

dealing with this terrible crises that the world is experiencing today is made a lot easier to cope with while owning my two dogs. This week's second picture shows my Lab Twig and her beagle friend Molly enjoying some sun last week.

A call to Al at Snug Harbor Marina revealed some great fishing for school stripers and fluke, although many short fluke are being caught. Catching a 19 inch fluke this year in Rhode Island is going to require a lot of catch and release, and a lot of mortality of the fish. I just do not understand the Rhode Island Marine Fishery thinking when they come to set size limits on recreational fishermen. They are constantly reporting the high mortality of our fish stocks after they are caught and released by recreational fishermen and commercial fishing. It would be not unreasonable to lower the size limit and the bag limit for recreational anglers. At least they could take a few fish home for the dinner table. Instead, the released fish become crab bait.

Local trout fishermen continue to catch some nice rainbow trout, and freshwater bass anglers are catching some impressive largemouth, and smallmouth bass on shiners and plas-

tics. Webster Lake has a huge population of smallmouth bass, and is the place to go to catch a lunker smallie. Crappie also inhabit this great body of water and can produce some trophy size fish, if you take the time to find them.

Turkey hunting in Mass. ends this Saturday, May 13 at noontime. Many impressive birds were harvested this year and many hunters managed to harvest the new two bird



limit this year. This week's picture shows Samantha Johnson with her turkey she harvested recently. Nice bird! More women are taking up hunting and fishing every year, as they find the great fun in the sport, while enjoying the outdoors.

Take A Kid Fishing & Keep Them Rods Bending!

Bronze age comic books



place from 1956 to 1970. The Bronze Age went from 1970 to 1985 and the Modern Age began in 1985 and continues today. Some experts also include the Copper Age from 1984 to 1991.

As you might expect, older comics are typically more valuable. Condition is also a huge factor in determining what a comic book is worth. Comics featuring superheroes are the most desirable. Even a few Modern Age comic books can be valuable. Spiderman issue # 300 can sell for hundreds of dollars in exceptional condition. The Walking Dead issue # 1 can bring thousands of dollars for a copy in pristine condition.

Some Bronze Age comic books can also sell for high prices. A near mint Hulk issue # 180 from 1974 sold for over \$2,000 recently. That comic book featured the first appearance of Wolverine. Two near perfect copies of Iron Fist # 14 each fetched over \$2,000 at auction this spring. A Marvel Spotlight issue # 5 with the first appearance of Ghost Rider and in great condition sold for \$4,000 in a recent online auction. A "Giant-Size" X-Men from 1975 in great condition recently brought \$4,300. Hulk issue # 181 has a full story on the Wolverine.

A near mint version sold for over \$10,000 online recently. I know many of you have been using this time to clean and organize. Maybe you'll stumble across some old comics that were tucked away years ago. My next article will be on Silver Age comic books.

COVID-19 has changed the antiques and collectibles market dramatically. Shows, live auctions, estate sales, and shops are all feeling the effects. We have shifted our focus to online auctions for the time being. We are currently accepting valuable items that can be shipped to buyers across the country for our June online only auction.

You can call or email us for no-contact options for consigning your items. We have some online auctions and an estate sale that we will be running when regulations permit.

Contact us at: Wayne Tuiskula
Auctioneer/Appraiser Central Mass
Auctions for Antique Auctions, Estate
Sales and Appraisal Services www.cen-

tralmassauctions.com (508-612- 6111)
info@centralmassauctions.com

RUBIN

continued from page A1

consortiums with other schools in the region, as well as partnering with the Blackstone Valley Ed Hub to build technical programs.

Rubin also supports the Gateway to College program at Quinsigamond Community College, for which Uxbridge is the diploma-granting institution.

Rubin also serves on various committees across the state, including the Project Lead the Way Conference Committee, the Central Massachusetts STEM Ecosystem, the National Honor Society state committee, and the MIAA Softball committee.

But for Rubin, it's not about the accolades, he said. It's about creating a school culture in which students and staff can work collaboratively to explore curriculum opportunities that lead to personal learning and growth that have real world application.

"We want everyone who sets foot at UHS to leave feeling inspired, to move beyond complacency, and to truly value the balance between essential content and skills," Rubin said. "We commit to everyone: all students, all families, all staff, and we focus every day on empowering that spirit of community and collegial-

ity." U x b r i d g e Superintendent of Schools Dr. Frank Tiano was delighted—but not surprised—by the news when he received the call from MSAA.

"Once Mike was named a finalist, I knew the award was his. I knew the others under consideration were talented educational leaders, but I cannot imagine another principal doing what Mike is doing in Uxbridge," Tiano said, further describing how Rubin, "uses his intelligence and passion to push the thinking of his staff on what is possible for our students and his experience and drive to make it happen."

"While uncompromising in his expectations for himself and others, he is skilled at empowering diverse members of the school, district, and business community to contribute to student learning," Tiano added.

To be considered for this award a principal must first be nominated. William Burkhead, Principal of Monomoy Regional High School and now Superintendent of Scituate Public Schools, nominated Rubin. After touring Uxbridge High School and seeing the impact of its programming on student learning, the 2018 Principal of the Year felt compelled to nominate his fellow principal.

"Mike Rubin is a colleague and a friend. I have the highest regard for him as an educational leader and father. Mike is a true visionary leader who is able to bring people together to accomplish amazing things on behalf of students. My heartfelt congratulations to Mike and the Uxbridge community on this prestigious and deserving award," Burkhead said.

The son of two educators, including a 39-year veteran of the Malden Public Schools, Rubin graduated from Brown University with a double concentration in English and Judaic Studies and earned his Master's degree in Educational Leadership from Bridgewater State University. Before beginning his career in Uxbridge, he taught English and served as an assistant principal at Dighton-Rehoboth Regional High School before spending three years as the Dean of Academics and Student Activities at Medway High School.

"I have a magnet on my office board that states, 'without deviation from the norm, progress is not possible,'" Rubin added. "I look at it every day and realize that we have to continue to look at new ways to inspire, to educate, and to collaborate. It's why I love what we are doing at UHS."

In a past column, I wrote that I would dedicate a future column to comic books. There is so much collector interest in comic books, and they have been selling so well recently, I will dedicate the next three columns to them.

Comic books have a longer history than you might expect. Swiss cartoonist Rodolphe Töpffer created "Histoire de M. Vieux Bois" in 1837. The book was retitled "The Adventures of Mr. Obadiah Oldbuck" when it was translated into English in 1842. It is considered the first comic book, according to the South Florida Reporter.

The first modern comic book was published nearly 100 years later, in 1933. It contained several comic strips that had previously appeared in newspapers. According to the South Florida Reporter, "the term 'comic' implies that the tone of these strips are always humorous, that couldn't be further from the truth. Comics have been used as a medium for telling stories of all kinds."

Comics are categorized in four different "ages." The Golden Age was from 1938 to 1956. The Silver Age took



ANTIQUES, COLLECTIBLES & ESTATES
.....
WAYNE TUISKULA

LEGALS

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO20P1114GD
NOTICE AND ORDER:
Petition for Appointment of
Guardian of a Minor
In the interests of
Chase Elliott Brown
of Whitinsville, MA
Minor
NOTICE TO ALL INTERESTED PARTIES

1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of a Minor filed on **04/15/2020** by **Cindy L. Brown** of Whitinsville, MA will be held **06/04/2020**

08:30 AM Guardianship of a Minor Hearing
Located **Courtroom 2, Probate and Family Court, 225 Main Street, Worcester, MA 01608**

2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to:

File the original with the Court; and
Mail a copy to all interested parties at least five (5) business days before

the hearing.
3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

4. Counsel for Parents: If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard.

5. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.

THIS IS A LEGAL NOTICE: An important court proceeding that may affect your rights has been scheduled. If you do not understand this notice or other court papers, please contact an attorney for legal advice.
Date: April 23, 2020

Stephanie K. Fattman
Register of Probate
May 22, 2020

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1135EA
CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate of:
Linda Mae Nydam
Date of Death: 09/05/2018
To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Pearl Nydam Largasse** of **Worcester MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Pearl Nydam Largasse** of **Worcester MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and

objection at this Court before: **10:00 a.m. on the return day of 07/07/2020.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: April 27, 2020

Stephanie K. Fattman,
Register of Probate
May 22, 2020



Memorial Day Window and Patio Door Sales Event

Hurry – limited time offer!

- Renewal by Andersen is the full-service replacement window division of Andersen, the most trusted family of window and door brands in America*
- Our window helps make homes more comfortable because its strong seals help prevent drafts and leaks, and our Fibrex® composite window material is 2X stronger than vinyl
- For your safety and peace of mind, we've modified our window replacement and service operations to strictly follow all CDC guidelines

Now offering
**No-Contact
Appointments**
from outside your home!

Memorial Day Sales Event ENDS Sunday, May 31st

SAVE 20%

on windows and patio doors¹

WITH

\$0 DOWN **0** MONTHLY PAYMENTS **0%** INTEREST FOR **1½** YEARS¹

PLUS

★ ★ ★ ★ ★
take an additional \$50 off each window and patio door¹
 ★ ★ ★ ★ ★

When you set your appointment by May 31st and purchase by June 6th. Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 18 months.



Make your home more secure.

Book a No-Contact or In-Home Appointment.

1-800-209-2746

*DETAILS OF OFFER: Offer expires 6/6/2020. You must set your appointment by 5/31/2020 and purchase by 6/6/2020. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 18 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 5/10/2020 and 6/6/2020. Additional \$50 off each window or patio door, minimum purchase of four (4) or more windows or patio doors required, taken after initial discount(s), when you set your appointment by 5/31/2020 and purchase by 6/6/2020. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Call for financing details. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved. *2018 U.S. Homeowner Brand Study of Andersen and Renewal by Andersen brands versus competitive brands.

OBITUARIES

Additional Obituaries,
see page A-15

Bernard F. Boutiette, 96



SOUTHGRAFTON—Bernard F. Boutiette, 96, died Saturday May 16, at home, with his family by his side. He leaves a son, Mark Boutiette and his wife Lynn, of Douglas, a daughter, Susan Ellbeg and her

husband Randy, of Grafton, a grandson Matthew Boutiette, and many nieces and nephews. He is predeceased by his wife Helen (Fedorczyk) Boutiette, in 2016, and his siblings Ernest and Kenneth Boutiette, Eunice Krula and Rita Desrosier.

Born in Grafton October 18, 1923, a son of Harry and Hattie (Porter) Boutiette, he was a life long Grafton resident and graduate of Grafton High School. Following graduation, he enlisted in the US Navy, served as an Aviation Radioman and flew airplanes over Japan off of the USS Ticonderoga. He worked in numerous textile mills in

Grafton, before working as an assembler at General Motors, in Framingham, retiring 35 years ago.

In his retirement, he enjoyed fishing and vegetable gardening. He and Helen always went out for Friday dinners, a tradition he continued with his daughter and son-in-law. He was a member of Saint James Church.

Mr. Boutiette's Funeral Mass at Saint James Church and burial in Fairview Cemetery are private. In lieu of flowers, donations in his memory may be made to St. Jude Children's Research Hospital, 501 St. Jude's Place, Memphis, TN, 38105. Carr Funeral Home, 24 Hill St., Whitinsville, is entrusted with arrangements. To leave a condolence for the family, please visit www.carrfuneralhome.com



BLACKSTONE — Carol A. (Pepka) Plouffe, age 67, formally of Dudley, passed away on May 13, 2020 at home with her family by her side following a five-year battle with cancer. She was born on December 3, 1952 to the late Felix and Eleanor (Parmentier) Pepka and was the wife of Arthur Plouffe.

Carol is survived by her husband of 47 years, Arthur Plouffe as well as 2 daughters, Kelly Taylor and her husband Thomas, Tammy Surprise and her husband David; 2 brothers, Donald Pepka and his wife Naomi, Kenneth Pepka and his wife Sandra; a step-sister Janice Hebert and her husband Raymond; a brother-in-law Alan Plouffe and his wife Karen; 2 sister-in-laws, Susan Livernois and her boyfriend Rick, Ann-Marie Ellis and her husband Dan; plus 3 grandchildren Skyler, Jared and Thomas; and many other loved family members and friends.

She attended St. Louis schools in her younger years and was a graduate of Bartlett High School in 1971. She was married to Arthur Plouffe on May 20, 1972 and had just celebrated their 47th anniversary while on an Alaskan cruise in May of 2019, a dream come true trip for them. She worked as a postal worker at the Charlton City Post Office and had also enjoyed working at Commerce Insurance, TJ Maxx and Park'N Shop.

Carol was a very social person that loved spending time with family and friends. She loved to attend her grandchildren's events and was proud to be their "Mimi". She enjoyed trips to the casino, watching the Red Sox and listening to her 60's music.

A graveside service will take place at St. Joseph's Garden of Peace, Webster, MA at a later date.

Memorial donations may be made to the Cancer Center at Harrington Fund, 55 Sayles St., Southbridge, MA 01550.

Arrangements by Buma Funeral Home, Uxbridge, MA.

Doris I. Leslie, 85



WHITINSVILLE—Doris I. (Landry) Leslie, 85, passed away on Mon. May 11, 2020 at Milford Hospital after being stricken ill. She was predeceased by her adored husband of 57 years, George

Leslie on Sept. 13, 2015.

She is survived by her 4 children ; Stephen Leslie and his wife Mary of South Windsor, CT, Susan M. Lawson and her husband Christian of Marlborough, CT, Karen A. Belanger and her husband Jonathan of Whitinsville, and Cheryl J. Berenato and her husband David of Idaho Falls, ID; 5 grandchildren; Jennifer C. Leslie and her husband Robert Chain, Daniel S. Leslie and his wife Jaylynn, Kevin M. Leslie, Elizabeth L. Belanger and Andrew J. Belanger; 1 great-granddaughter: Avery G. Leslie; 1 great grandson, and 1 on the way; 3 siblings; Robert Landry and his wife Lee of Ormond Beach, FL, Joan Stanick and her husband Paul of Wakefield, RI, James Landry and his wife Marita of Ormond Beach, FL, as

well as many nieces and nephews. She was predeceased by 2 brothers, Donald Landry, and Gilbert Landry, as well as her son-in-law David Finnegan.

Born in Northbridge on July 31, 1934 Doris was the daughter of O. Edmond and Delvina (Lataille) Landry and was a life-long resident of Whitinsville. Doris worked as a Service Unit Manager for many years for Girl Scouts of America, Montachusett Council, retiring in 1996. Doris was a creative woman and also a gifted artist. She ran a ceramics business out of her home while her children were growing up, and enjoyed painting many beautiful pieces she'd crafted. Doris also enjoyed sewing, crocheting, reading and crossword puzzles. She was a longtime member of St. Patrick's Church.

Doris's funeral services will be privately held at the convenience of her family. In lieu of flowers, donations in Doris's memory may be made to: Milford Regional Hospital or St. Patrick's Parish, PO Box 60, Whitinsville, MA 01588. To leave a condolence message for her family please visit: <http://www.Jackmanfuneralhomes.com>

Frances T. McGee, 93



WHITINSVILLE—Frances T. (Campo) McGee, 93, passed away at St. Camillus Health Center on May 12, 2020, a few weeks shy of her 94th birthday. Her husband of 45 years, William McGee, passed away

in August of 1991.

Frances is survived by her four children, Donna Crossman of North Oxford, Timothy McGee and his wife Cristina of Worcester, Thomas McGee of Weymouth, and Ellen Halsdorff of Douglas, as well as by six grandchildren, nine great-grandchildren and one great-great-grandchild. She is also survived by a sister and a brother, Joan Dion and Richard Campo, and by her sisters-in-law, Arlene Campo, Yvette Campo and Marie Campo, her brother-in-law, Jerry McGee, and many nephews and nieces. She was predeceased

by a daughter, Cynthia Louise McGee, who passed shortly after birth in 1949, and by siblings, Bernice Belanger Benoit, Earleen Lesco, Anthony Campo, Jr., Robert Campo, Kenneth Campo and Lillian Susienka. She was born in Whitinsville on June 1, 1926 and was the daughter of Anthony and Louise (White) Campo.

Franny worked various jobs during her lifetime, but retired as a Nurses Aide at the former Westboro State Hospital, where she had worked many years. Her primary and preferred occupation was always caring for her family & extended family, something at which she excelled.

At Franny's request, there will be no calling hours and her burial will be private. Memorial Contributions may be made in her memory to the American Cancer Society, 3 Speen St., Framingham, MA 01701. To leave a condolence message for her family please visit: www.Jackmanfuneralhomes.com

Patrick J. McDonnell, 73



MILLVILLE — Patrick J. McDonnell, 73, of Millville passed away on Sat. May 9, 2020 at his residence. He was the husband of Donna (Ryan) McDonnell.

Mr. McDonnell was a skilled welder for many years.

He was born Jan. 3, 1947 in Waltham the son of the late John J. and Irene (Dubberlin) McDonnell of Easton and was a graduate of Waltham Vocational Technical School where he learned to weld.

Mr. McDonnell was a U.S. Navy veteran, serving during the Vietnam Conflict.

He enjoyed playing ice hockey and

golf. He also loved to attend his grandchildren's events and was proud to be their "Papa".

Mr. and Mrs. McDonnell observed their 49th wedding anniversary on May 1, 2020.

In addition to his wife Donna and mother, he is survived by his son, John T. McDonnell and his wife Karen of Uxbridge and three grandchildren, Emily, Patrick and Julia.

Funeral services will be at a later date in the Massachusetts National Cemetery, Bourne.

Arrangements by Buma Funeral Home, Uxbridge. www.bumafuneralhome.com



WHITINSVILLE—Georgette J. (Bernard) Bishop, 85, formerly of Hillview Ln. and Highland St. died Tues. May 12, 2020 after a period of declining health.

She is survived by 2 sisters, Pauline Malinowski of Whitinsville and Therese Montville also of Whitinsville; loving nieces, nephews, and friends. She was recently predeceased by her brother, Roger Bernard. Born in Whitinsville, MA on Jan. 29, 1935 she was the daughter of Alfred and Marie (Letourneau) Bernard and lived in Whitinsville all her life.

Georgette worked as a Criminal Court Clerk for many years at the Westborough Courthouse before retiring. She also worked as a clerk at the former Blackstone Valley National Bank. A confirmed workaholic, she was a part-owner of the Beauty Chalet with her sister Pauline for 14 years in the '60s and '70s when female business

ownership was not commonplace. Her last employment was as a greeter at the Walmart in Northbridge. She enjoyed this job as it kept her in touch with her many friends in the community. She was a good, kind person and was always willing to give of herself. She faithfully visited the Senior Center daily and was an active member of St. Patrick's Church and their Bereavement Committee. Georgette loved animals, especially her beloved Collie named Princess. She will be missed for her sense of humor and her genuine love of people.

According to her wishes cremation will take place. A Mass at St. Patrick's Church followed by burial in St. Patrick's Cemetery will be held at a future date. In lieu of flowers, donations in Georgette's memory may be made to: Dog Orphans Inc., 90 Webster St, Douglas, MA 01516 or, to the Northbridge Senior Center, 20 Highland St, Whitinsville, Ma 01588. To leave a condolence message for the family, please visit <http://www.jackmanfuneralhomes.com>

Sarah Hanscom Van Doorne 50



Sarah Hanscom Van Doorne passed peacefully on Friday, April 24, 2020 from her home in Ada, Michigan, with her husband of over 23 years, Todd R., and her daughter Ava Rose and son Jacob Allan close by. Sarah

leaves her parents Allan and Jayne Hanscom, brother Jason and his wife Kellie, niece and nephew Abigail Rose and Jesse Walker in Uxbridge, Massachusetts, and her mother and father in law, Sally and Dirk Van Doorne in Ada, Michigan, whose kindness and devotion never ceased.

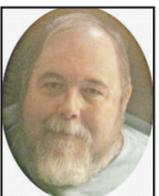
Sarah loved their beautiful rolling hills and home in Ada, Michigan, and her home-town roots in Uxbridge,

where she was a member of the Deborah Wheelock Chapter of the DAR. She was a graduate of Whitinsville Christian School and Calvin College, worked as a corrections officer in Grand Rapids, Michigan, and later as a self-taught medical transcriptionist.

Todd fully cared for Sarah during an extended period of declining health and exemplified courage, endurance and love in honoring his commitment to her. Sarah knew at all times during her life and illness that she was loved. Her infectious smile, laugh and love of life will endure in all that knew her. Her family asks that you embrace those qualities and pass them on to those you love.

Due to the restrictions from the Covid 19 virus, a service cannot be held at this time.

William J. Gomez, 73



DOUGLAS - William J. Gomez, 73, passed away on Fri. May 15, 2020 at New England Sinai Hospital in Stoughton after a long illness. He is survived by his loving wife of 53 years, Linda S. (Benjamin)

Gomez. He is also survived by 3 sons, 2 daughter in-laws, and 6 grandchildren.

Born in Natick on May 21, 1946 he was the son of Marjorie (McCabe) Gomez. William grew up in the Natick / Framingham area, before setting in Bellingham, and then moving to Douglas where he has been a resident

the past 42 years. He was a proud U.S. Marine Corps Veteran during the Vietnam War era. After his service he worked as an Oil Burner Service Technician for Ace Temperature Control in Worcester for many years until his retirement.

As to his wishes Billy will be cremated and his ashes will be privately buried at sea at a later date. To leave a condolence message for his family please visit: www.Jackmanfuneralhomes.com



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June 2020 Virtual Programs

Adult Programs
 Virtual Gentle Yoga—Thursdays and Saturdays at 10am
 Tune in to Youtube Live to start off your day with a yoga session with Marise Nazzaro! Search YouTube for the Uxbridge Free Public Library channel. The Thursday morning class is sponsored by the Friends of the Simon Fairfield Public Library and the Saturday morning class is sponsored by the Uxbridge Board of Library Trustees.
 Virtual Mindfulness Meditation – Thursdays, June 4th and 18th at 6pm
 Tune in to Facebook Live for another virtual meditation session with Jenny Xie! This class is sponsored by the Friends of

the Uxbridge Library.
 Virtual Smoothies That Taste Like Dessert – Thursday, June 11th at 7pm
 Start your day off full of nutrition and energy, with smoothies that taste like dessert! In this class, we'll be making 4 delicious smoothies including the award-winning Black Forest Smoothie, Orange Creamsicle Smoothie, and more! Join us on YouTube Live to hear the recipes!
 Virtual Bookies Book Club – Monday, June 29th at 6:30pm
 Just because there's social distancing doesn't mean we can't book club! Using Zoom, we will be virtually discussing a book available on the app Hoopla Digital. Patrons interested in participating should email

dhinkle@cwmars.org for the book title and the link to the session.
 Youth Programs
 Virtual Story Time with Lindsey and Iggy the Sheep - Weekdays at 11am
 Join us on Facebook Live for songs, rhymes, stories, and more! Best for ages 0-4.
 Virtual Read Aloud with Lindsey and Iggy the Sheep - Weekdays at 7pm
 Wind down with us on Facebook Live for some stories and a chapter or two of the book of the month! Best for all ages.
 Virtual Creative Coding Club - Wednesdays at 1pm
 Ever thought about learning how to code? Now, you can! Using Vidcode, we will

meet weekly to learn about JavaScript and create different projects, including making your own meme! Registration is required and spots are limited, so please make sure that you are able to commit to meeting each week. Participants must also have their own laptop or tablet to join. Best for ages 10 and up. For more information or to register, email Lindsey at lcentrella@cwmars.org. Brought to you by the Library Board of Trustees.
 Virtual Kids Yoga - Tuesdays, June 2nd, 16th and 30th at 6pm
 Get all your energy out before bedtime with Marise Nazzaro! Tune in to YouTube Live and learn new poses, enjoy stories while practicing, and most of all, have fun! Best for ages 5

and up. Brought to you by the Friends of the Millbury Public Library and Uxbridge Library Board of Trustees.
S U M M E R READING PROGRAM
 We are still thinking about how our summer reading program will look like, and we need your help! If you haven't already, please visit our website and take our survey on how you would like to track your reading. We will keep you updated on our website and social media!
 Check our website and social media for additional programs as the month unfolds!

Senate passes bill to establish a COVID-19 Diversity Task Force

BOSTON — On Monday, May 11, the Massachusetts State Senate passed bipartisan legislation to promote equity and transparency as the Commonwealth continues to confront the COVID-19 pandemic.

The bill, An Act Addressing COVID-19 Data Collection and Disparities in Treatment, would increase the amount of statewide, publicly available data as it relates to the coronavirus, and establish a task force to study and make policy recommendations to address health disparities for underserved and underrepresented communities during the pandemic.

"It is our job as legislators to

ensure that all the residents of the Commonwealth receive equal protections," said Sen. Michael Moore (D-Millbury). "By establishing this task force, we can address the disparate effects of COVID-19 by providing relief and better access to health care for the underrepresented populations in our communities."

Under the bill, the Department of Public Health (DPH) will be required to compile, collect and issue daily online reports on the number of people tested for COVID-19, positive cases, hospitalizations and deaths along with the gender, race, ethnicity, primary residence, occupation, disability, age and primary language of each case.

To ensure a comprehensive understanding of cases statewide, the legislation also requires that daily reports include data and demographic information from municipalities and counties with more than 25 positive cases, all DPH licensed nursing homes, assisted living facilities licensed by the Executive Office of Elder Affairs, as well as state and county correctional facilities. Facility-specific information will be made publicly available while maintaining individual privacy. In addition to requiring greater data collection, the bill requires the Executive Office of Health and Human Services to describe the actions it is taking to address disparities identified through

the data collected.
 In response to increasing concerns about the disproportionate impact of COVID-19 on communities of color and disproportionately impacted populations, the legislation also establishes a task force to study and make policy recommendations for how to address these health disparities. The task force will be required to issue an interim report by June 1, with a final report due Aug. 1.
 The bill is the latest action by the Senate to address the COVID-19 public health crisis and its effects on Massachusetts.

Travis Butler of Uxbridge recognized with academic honors

WORCESTER — Assumption is honoring 80 students who have been recognized with departmental honors, special awards, and Augustine Scholarships, academic awards for those who excel in their field of study.

Travis Butler, Class of 2020, of Uxbridge, received the departmental award for theology.

Each spring, an Honors Convocation is held to recognize those students who have received one of the aforementioned academic awards, which honor academic excellence, passion, and a commitment to learning. The departmental and special awards allow faculty to honor the most meritorious students in each of their primary programs of study while Augustine Scholarships are given to rising juniors and seniors whose academic achievement, leadership, character, and community service embody the Assumption mission.

"The annual Honors Convocation recognizes undergraduate students for their devotion to intellectual inquiry," said Greg Weiner, Ph.D., provost and academic vice president. "These students embody Assumption's mission of imparting a Catholic liberal education that emphasizes both enduring ideas and practical skills. They are an inspiration both to their peers and their faculty."

Founded in 1904 by the Augustinians of the Assumption in Worcester, Mass., Assumption College is a Catholic liberal arts institution that offers undergraduate students 33 majors and 49 minors in the liberal arts, sciences, business, and professional studies; as well as master's and continuing education degrees and professional certificate programs—each through an educational experience that is grounded in the rich Catholic intellectual tradition. The curriculum enables students to gain a depth and breadth of knowledge that leads to professional success and personal fulfillment. Students—whether on the Worcester campus or at the College's Rome, Italy, campus—become engaged participants in Assumption's classic liberal arts education, exploring new ideas and making connections across disciplines. To prepare for the workforce, students learn cutting-edge theory and best practices, conduct innovative research, and develop excellent communication and critical-analysis skills. Assumption graduates are also known for their thoughtful citizenship and compassionate service to their community. For more information about Assumption College, please visit www.assumption.edu.

Memorial Day events canceled in Northbridge

NORTHBRIDGE — This year, the Northbridge Veterans' Council is sad to announce the cancellation of this year's Memorial Day Exercises and parade in Northbridge. Considering that the Covid-19 pandemic is far from being resolved, we feel it would be irresponsible to have a large gathering on that day. The veterans will do what we do every year to honor our fallen. The veterans will place memorial wreaths and place flags at the many Memorial Squares in town. If you happen to go by one of the squares while the veterans are performing this small ceremony, please stop and help us salute the square. The National Anthem will be played with a rifle volley to follow. All of the cemeteries will be decorated with American Flags at the grave of each Veteran. Veterans and Boy Scouts will be working together to see this is done. We will follow the rules of social distancing while we perform all these activities. In 2000 President Bill Clinton signed an Act declaring 3 p.m., on Memorial Day for Americans, in an act of symbolic unity, to have a moment of silence in honor of the men and women of the United States who died in the pursuit of freedom and peace. The Veterans' Council ask that everyone try and remember that time on Memorial Day and "Remember."

Trinity Christian College honors graduates

PALOS HEIGHTS, Ill. — Trinity Christian College held a virtual degree conferral ceremony on May 2 to honor the graduates of the Class of 2020, which includes Katelyn Baker of Northbridge, who received a Bachelor of Arts degree.

Protect your skin when gardening

May is National Skin Cancer Awareness Month and a busy time for gardening and other outdoor activities. Gardening provides many benefits but like any outdoor activity it's important to protect yourself from the sun's damaging rays.

More than five million cases of skin cancer are diagnosed each year and most are associated with exposure to the ultraviolet rays from the sun. And even though it's the most common form of cancer in the U.S. it is also one of the most preventable. Help reduce this percentage and keep yourself and others safe with a bit of skin cancer prevention.

Use sunscreen year-round. It is easy to overlook during those extremely cold or hot months where we may be bundled up or spending minimal time outdoors. In fact, running errands and even time spent in the car results in sun exposure.

Apply a sunscreen with UVA/UVB protection

and a minimum SPF of 30 over your entire body at least 30 minutes before going outdoors. This includes cloudy days when we often forego this precaution. Reapply sunscreen every two hours or after swimming or excessive sweating. Pay close attention and make a generous application to lips, tips of ears, and the backs of your neck and hands.

Keep a bottle of sunscreen in your garden tool kit as a reminder to apply throughout the day. If it's easily accessible, you are more likely to apply it as needed.

Avoid gardening and outdoor activities when the sun is most intense. This is usually between 10 a.m. and 4 p.m. Find those shady spots in the landscape to weed or relax during that time. Avoiding the intense sunlight means cooler temperatures that make working in the garden more enjoyable.

Cover up for greater protection. Wear a broad



GARDEN MOMENTS

MELINDA MYERS

brimmed hat to protect your ears, scalp, neck and face from the sun. Don clothing of tightly woven fabric that helps block harmful UV rays. And talk to your dermatologist about the benefits of investing in photo-protective clothing.

Be sure to include gloves when purchasing sun protective clothing. Look for knit gloves like Foxgloves (foxglove-sinc.com) that provide 50+ UPF, Ultraviolet Protection Factor. These gloves are made of lightweight, breathable fabric and come in a variety of colors, including skin tone, making them easy to wear when working, driving or participating in any outdoor activity.

And don't forget about your eyes. Wear sunglasses and a broad brimmed

hat to protect your eyes when gardening, relaxing or recreating outdoors.

Check your skin regularly for any suspicious moles, spots, growths and changes. And visit your dermatologist at least once a year. They can help you detect and manage problems early.

As you work to improve your landscape or do other outdoor activities this season, add sun protection to your to-do list. Then encourage your family and friends to do the same. A bit of prevention can reduce your risk of becoming that one individual in five that develops skin cancer by the age of 70.

Melinda Myers has written numerous books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contrib-

uting editor for Birds & Blooms magazine and was commissioned by Foxgloves for her exper-

tise to write this article. Her Web site is www.MelindaMyers.com.



Wear sunscreen, a hat and gardening gloves with ultraviolet protection to stay safe from ultraviolet rays that can cause skin cancer.

Travis Butler of Uxbridge recognized with academic honors

WORCESTER — Assumption is honoring 80 students who have been recognized with departmental honors, special awards, and Augustine Scholarships, academic awards for those who excel in their field of study.

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Uxbridge’s Rebecca Siefken receives academic award

SALEM — Rebecca Siefken, 2016 graduate of Uxbridge High School, was one of 35 Salem State University Class of 2020 students recognized with a Senior Award and one of only 16 graduates to receive the Silver Key Award. The Senior Awards are presented annually to a select group of students in the graduating class who have demonstrated exemplary achievement in their academic performance and campus involvement. Congratulations to this year’s award recipients.

The Silver Key award recognizes students with a cumulative grade point average between 3.00 and 4.00, who have demonstrated significant involvement within their academic concentration, and participation in co-curricular activities within the university community.



Rebecca Siefken

Eastern student Elizabeth Simonds inducted into Sociology Honor Society

WILLIMANTIC, Conn. — Eastern Connecticut State University’s Department of Sociology, Anthropology, Criminology and Social Work inducted 13 students into the Alpha Kappa Delta National Honor Society.

Among the inductees was senior Elizabeth Simonds of Uxbridge, who majors in Sociology and Early Childhood

Education.

Founded in 1920, Alpha Kappa Delta has chapters worldwide with more than 130,000 members. Its purpose is to stimulate scholarship and promote the scientific study of society. To be inducted students must be at least a junior with an overall GPA of 3.3 and have completed four sociology courses.

Eastern’s Sociology

Department provides students with practicum and internship courses with the opportunity to gain experience in multiple field placement settings. Sociology majors graduate ready for employment in community, business and organizational settings or for graduate level study in sociology, social work, law and other career fields.

Area residents named to Dean’s List at UNE

BIDDEFORD, Maine — Julie Delphos of Douglas and Katherine Guerin and Cassandra O’Toole of Northbridge have been named to the Dean’s List for the 2020 spring semester at the University of New England. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine’s largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine’s only medical and dental colleges, a variety

of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts.

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Pan-Mass Challenge goes virtual

BY KEVIN FLANDERS
STAFF WRITER

REGION — For the first time in four decades, Pan-Mass Challenge riders won’t be hitting the streets this summer. But even though the annual bike-a-thon has been canceled in favor of a virtual celebration, its vital fundraising mission will roll on.

PMC officials announced last week that the August ride has been canceled due to the COVID-19 crisis. Kicking off each year in Sturbridge, the event has been held in all kinds of weather over the past 40 years. Riders are always willing to brave the elements for their cause, but PMC officials are committed to protecting all participants and their families.

Determined to still have a celebratory event this year while continuing fundraising for the Dana-Farber Cancer Institute, PMC leaders came up with an idea for a virtual celebration. Titled PMC 2020 Reimagined, the multi-day event will include several online activities for riders who have worked hard to raise funds.

“Coming together the first weekend of every August is a beloved tradition for thousands of PMC participants. While we’re unable to move forward with our ride safely in the same way we have over the past 40 years, we cannot and will not let our community or Dana-Farber down,” said Billy Starr, the PMC’s founder and executive director. “Our mission to support Dana-Farber in the fight against cancer is more important than ever. And in reimagining what our event can be, we hope to inspire even more participation from those joining us at home.”

The PMC raises more money for charity than any other single athletic fundraising event in the country. As Dana-Farber’s largest single contributor — accounting for 57 percent of the Jimmy Fund’s annual revenue — the PMC and its riders remain committed to raising critical funds for lifesaving cancer research, treatment, and patient care.

For longtime PMC riders, the process of securing donations was more challenging in 2020 than any previous year, with unemployment figures skyrocketing due to the coronavirus. With their reimagined celebration, PMC leaders want to recognize all participants for their tireless work in securing donations.

The PMC 2020 Reimagined will include many of the activities that riders, volunteers, donors, and spectators partake in during a traditional PMC weekend — complete with virtual adaptations that make it easy for remote participation.

Just a few of the activities slated for this year’s program include:

PMC 2020 Reimagined opening ceremonies, broadcasting live on WBZ-TV (Friday, July 31)

An official “starting line” to symbolize the commencement of the 2020 PMC (Aug. 1)

The PMC Pedal Partner tent, in partnership with Dana-Farber’s Jimmy Fund

Clinic

Entertainment and celebration at Massachusetts Maritime Academy’s quad

A global Living Proof toast to honor those who are currently undergoing, or have undergone, cancer treatment

Dana-Farber officials commend PMC leaders for their commitment to fundraising, even when the ride is canceled and donations are difficult to come by.

“We are incredibly grateful for the PMC’s unwavering dedication to Dana-Farber. Their creative thinking in rallying their community around an event that provides essential funding for our institution and patients is a shining example of agility and commitment,” said Laurie Glimcher, the president of Dana-Farber. “Cancer doesn’t stop, even during these difficult days. PMC dollars are critical to support the world-class cancer care and additional resources we provide our patients and their families.”

The PMC’s annual ride, which offers participants 12 routes spanning 25 to 192 miles, has become a tradition for several local families. Not only do they enjoy their training routine, but also the process of collecting donations from friends and family. Even though many donors have lost their jobs, they still made it a priority to give back to Dana-Farber.

“The Reimagined PMC will bring together thousands of riders, volunteers, donors, and supporters from their hometowns around the globe to celebrate the spirit of PMC weekend while making an unparalleled impact on the fight against cancer,” read a statement released by PMC leaders.

The PMC 2020 Reimagined program will also include pre-taped content to augment its real-time offerings.

For local PMC riders, the news of the cancellation was disappointing but expected. Members of Team De-Feet Cancer, which was established several years ago in West Brookfield by the late Steve Morris, continue to raise money in his honor.

“We are saddened, but resilient. We will miss seeing our PMC friends and family in August, but we know that now, more than ever, cancer patients need our help. Dana-Farber needs our help,” said Team De-Feet Cancer member Jessica Piwowski. “We continue to raise money, and we continue to train and ride solo. We do have hopes of small team rides over the summer if restrictions ease. We look forward to the ways PMC will help us stay connected.”

In 2019, the PMC donated \$63 million to Dana-Farber, the largest financial gift ever received by the institute. For more information about the event, visit www.pmc.org.

The Dana-Farber Cancer Institute is one of the world’s leading centers for cancer research and treatment. The institute’s mission is to promote scientific inquiry, clinical care, education, community engagement, and advocacy.

University of New Hampshire announces May 2020 graduates

DURHAM, New Hampshire — The following students graduated from the University of New Hampshire in Durham Saturday, May 16 during a virtual celebration. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar’s Office has certified that all degree requirements have been

successfully completed. A traditional, in-person commencement ceremony will be scheduled at a future date yet to be determined.

Julianne Kelleher of Douglas graduated with a MS degree in RMP:Adaptive Sports.

Taylor Ellero of Northbridge graduated with a BA degree in Psychology.

Aaron Kearnan of Uxbridge graduated Magna Cum Laude with a BSENV degree in Environmental Engineering.

Daniel Banas of Whitinsville graduated with a BS degree in

BiomedSci:MedMicro.

Nicole Haggerty of Whitinsville graduated Magna Cum Laude with a BSENV degree in Environmental Engineering.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state’s flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.

POSTIVELY

continued from page A1

to share my stories. I’ve never shied away from being in the spotlight. Now I find myself happy for quarantine so no one can see me. Silly ... I know. Silly or not it’s the truth.

I haven’t taken the step yet to shave what’s left of the former thick and black mop on my head. I’m a fighter. Some things are worth fighting for and I’m realizing that my hair just isn’t worth it. I’m fighting for my life. My hair should be the least of my worries.

What is it I’m really worried about? I guess I don’t want to die bald and that’s a thought that I must strip out of my head and heart because I’m not giving in or up. Stage 4 Stomach Cancer has met its match. I’m going to beat cancer and you can take that to the bank ... although you’ll have to take it through the drive-in window as quarantine seems to have the lobbies closed.

So, is bald beautiful? guess I’ll soon find out.

PS - There is nothing to take lightly

about cancer, but contrary to the belief of some, cancer doesn’t have to be a death sentence. It is serious business, but the attitude of the patient plays a major role in treatment and recovery with any health crisis. Do not allow a medical professional to place a time stamp or expiration date on your life. It’s your life. Fight with all your might. Only speak positive and uplifting words into your head and heart. Only associate with others who do the same. Do your own research. Read about positive imaging. Be up to date with what the universities, major cancer centers and research hospitals are doing. There are advances and breakthroughs daily. Be optimistic, be positive and fight. Never give up or give in. Cancer is beatable. Believe it and fight.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @ GaryW Moore721 and at www.garywmoore.com.



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<p>OXFORD – 10 Huguenot Rd! 8 Rm Colonial! 1.36 Acres! Country Setting! Country Kitchen w/Bay Window Overlooking Back Yard, Front to Back Living/Dining Rm w/French Doors to Deck! Office! Side Entry Breezeway! 3 Bdrms Plus a Study/Craft Rm on the 2nd Floor! 1 Car Detached Garage w/Workshop! Easy Access to Shopping and Highways! \$179,000.00</p>	<p>DUDLEY – 38 Pine St! 5 Rm Ranch! Original Owner! Quaint Eat-in Kit! Formal Din Rm! Spacious Liv Rm w/New Picture Window! Fam Rm w/Views to Private Back Yard! Mudrm! Huge Deck! Buderus Oil Heat! 2 Car Garage! New Septic! Vinyl Sided! Newer Windows! Solar Panels! \$239,000.00</p>	<p>DUDLEY – 231 Dresser Hill Rd! 8+ Rm Custom Built 3 Bdrm, 3 Bath Split Set On 2.63 Acres Professionally Landscaped w/Panoramic Views of Nichols College at a Distance! Stamped Concrete Walk Leads to the Transom Side Light Door Entry! Custom Granite Kitchen w/SS Appliances including Gas Range! Dining Area w/3 Walls of Windows for the Views! Formal Din Rm! Beautiful Frplc Liv Rm w/Cathedral Ceiling & French Doors to the New Deck with the Incredible Views! 3 Comfortable Bdrms w/Crown Moldings, Spacious Master w/Walk-in Closet & Full Bath! Finished Lower Level w/Fam Rm Offers a Potential In-law! LP Gas Heat & C/Air for Comfortable Living! 3 Car Garage! Recent Driveway! Don't Delay! \$449,900.00</p>
<p>WEBSTER LAKE – 23 Beacon Rd! Killdeer Island – Middle Pond – Southern Exposure – Full Day Sun! Level 90' Waterfront Lot w/1,011 Square Feet! Meticulously Maintained 5+ Rm, 2 Bdrm, 1.5 Bath Home w/Room to Expand! Soaring Cathedral Ceiling Family Rm w/Stone Fireplace Opening to the Maple Cabinet Kit & 4 Season Sunroom w/Anderson Slider to the Expansive Deck! 2nd floor Lake Facing Master w/Master Bath, Huge Closets & Slider to It's Lake Facing Deck! C/Air! 2 Car Garage! Lake Living at its Best! Listed by Another – "SOLD" by Century21 Lake Realty! \$645,000.00</p>	<p>WEBSTER – 60 East Main St! Established Local Bakery & Delicatessen Specializing in Polish Foods being Sold with Building! Turn Key Business! Equipment to be included with Sale! High Traffic Count! Ample Parking! Easy Access to Rear for Deliveries! Building also consists of a One and Two Bedroom Apartment! The Owner presently uses two rooms for his office and storage which could easily be added to the One bedroom Apartment! Building was Totally Renovated in 2010! \$599,900.00</p>	<p>WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Appliance Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! \$999,900.00</p>
<p>WEBSTER – 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 395! Loads of Potential! 6 Rm Cape! Appliance Kit! Din & Liv Rms w/Wall to Wall over Hrdwds! 3 Bdrms w/Hrdwds! 1st Flr Bdrm w/Commode Closet! Recent Furnace! Recent Roof! \$169,900.00</p>	<p>WOODSTOCK – 9 Fawn Ridge! Renovated 4 Rm Townhouse! New Granite Kit w/SS Appliances! Kit & Liv Rm w/Hrdwds! 2 Comfortable Bdrms w/New Wall to Wall! New Full Bath! Freshly Painted Throughout! Lower Level w/Laundry & Storage, Able to Finish Additional Living Space! 2 Parking Spaces! \$129,900.00</p>	<p>WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Appliance Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! \$999,900.00</p>
<p>DUDLEY – 6 Lakeside Dr! 6 Rm Cape! Move-in Ready w/3-4 Bdrms in a Great Neighborhood! 1-2 Bdrms on 1st Flr (could be a Dining Rm). 2 Additional Bdrms Upstairs! 1st Floor w/Hardwoods! Interior Painted in Neutral Colors! Gas Heat on the 1st, Electric Heat on 2nd! Detached Garage w/Newer Door being used as a Hobby Rm! Newer Roof! New Insulation Added! Home is Wired for a Generator! Newer White Vinyl Fenced in Level Backyard! Town Services! Take advantage of Dudley's School System and Low Taxes! Walk to the Town Beach or the Playground at the Elementary School! Won't last long \$249,900.00</p>	<p>WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Appliance Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! \$999,900.00</p>	<p>WEBSTER – 14 Summit Street! Conveniently Located 8 Room, 4 Bedroom Cape! Featuring Newly Remodeled Stainless Steel Appliance Eat-in Kitchen w/Custom Cabinetry & Luxury Vinyl Plank Flooring! Formal Dining w/Hardwoods! Spacious Living Rm w/Hardwoods! 2 1st Floor Bedrooms w/Hardwoods! Newly Remodeled Full Tile Bath! 2nd Floor w/2 Bedrooms w/Hardwoods, Plenty of Closet & Storage Space! Updated Second Full Bath! Recently Oil Heat, Cast Iron Baseboard! Detached Garage! Corner Lot! \$279,900.00</p>



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<p>DOUGLAS - 14 MOUNT DANIELS WAY</p>  <p>ON DEPOSIT</p> <p>NEW TO MARKET - MOUNT DANIELS ESTATES!! 4 Bedroom Hip Roof Colonial 2+ Private Acres! Beautiful Hardwood Floors + Lg Cabinet Packed Kitchen! 1st flr 1/2 Bath & Laundry. Grand Living Room. Stone Fireplace! French Doors Welcome you to a 3 Season 14x18 Sun Room. 16 x 18 Deck. Cape Cod Shower! 4 Bedrooms - Master W/Hardwood Floors, "Spa Like" Bathroom! 3 baths total. New High Efficiency Boiler & Hot Water Tank! Central Air \$409,000</p>	<p>WEBSTER - 5 SURREY LN</p>  <p>SORRY, SOLD!</p> <p>Gently Used 5 Bdrm Colonial, or 4 Bdrms & Game Room! This 24 x 28 3 Car Garage HAS HEAT! Open Concept Kitchen, Dining & Living Room, Full bath, Beautiful Granite Counters w Breakfast Bar, Second Floor - 5 Over-sized Bdrms! Bath & Laundry Rm! Walk up Attic. New Price \$399,000.</p>	<p>LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS</p> <p>Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. ON DEPOSIT \$70,000</p> <p>Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest \$132,900</p> <p>Webster - Potential 6 Buildable Lots! Water/ Sewer Access, Zoned Lake Residential \$129,400.</p> <p>Webster - 85 Upper Gore! View of the Lake. 1+ acre, artesian well, Septic Design, Etc. \$130,000</p> <p>Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. \$99,900</p>	<p>WOODSTOCK, CT - 64 LYON HILL RD</p>  <p>SORRY, SOLD!</p> <p>Estate like long paved driveway! 3158 Sq Ft Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s appliance kitchen! Large master bedroom, coffered ceiling, master bath, w/Jetted tub! Walk in closets. Two car garage. assisted sale \$499,900.</p>	<p>WEBSTER LAND - COOPER RD</p>  <p>LAND FOR SALE</p> <p>2 BUILDABLE LOTS</p> <p>Potential from 10,000+ sq. ft. Lot. Need to be divided. Town Water/Sewer. Zoned Lake Res. \$24,500. Each = Total \$49,000</p>
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On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Featured Open House – WEBSTER LAKE - 28 BLACK POINT RD

OPEN HOUSE • SUN 11-2



2019 CUSTOM BUILT WEBSTER LAKE (WATERFRONT ACCESSIBLE) CONTEMPORARY CAPE! Sunrise (E) & Sunset (W) Exposure! 2,600+- SF, 11 Rms, 3 BRS, Loft, & 2 Full Baths. Open Fir Plan, Cathedral Ceilings, Stone-faced Fireplace, Upscale Gourmet Kitchen w/Huge Island, Sunny Breakfast Nook w/Built Ins, Formal Dining, Office, Laundry Rm, Mudroom & Coat Closet, 2 Main Level BRs & Full Bath. 2nd Flr Private Master BR Suite w/Private Bath & Walk-in Closet! Central Air! Cavernous 1,500 SF+ Unfinished LL plumbed for a Bath, Oversized 2-3 Car Att'd Garage! Corner Lot, 12,599 SF (.29 Acre), of Land plus BOAT DOCK. **NEW PRICE \$652,000.**

WEBSTER LAKE – 32 JACKSON RD



SORRY, SOLD!

DEVELOPMENT POTENTIAL! EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 det'd garage & 8x8 storage shed. Park like grounds! **\$375,000**



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Jo-Ann Szymczak
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joannszymczak@gmail.com

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7 Joseph St. - \$319,900

LAND

Dudley: 27 Acres, Zoned light residential
0 Paglione Dr./West Main St. - \$99,000

East Brookfield: 136' on Lake Lashaway, New septic, 2.5 Baths, Vacation all year long.
142 Gleason Ave - \$310,000

ON DEPOSIT IN 2 DAYS!

Worcester: Ranch, 2.5 Baths, Family Room, Fireplace, 3 Bedrooms
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Dudley: 4 acres, Ideal for future development, Subdivide lots, Live in existing home.
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Open House Directory

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, MAY 23				
DUDLEY				
7 Joseph St.	S	11-1 By Appointment		Re/Max Advantage Jo-Ann Szymczak 774-230-5044
WEBSTER				
28 Black Point Rd	S	11-2		Hope Real Estate Sharon Pelletier 508-943-4333

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Many Chairs \$25 each.
Electric Fireplace \$140
2 Antique Printing Presses Manufacturing 1885-\$1500 each.
Call: 508-764-4458

Bunn My Cafe single cup brewer \$75 Oak bookcase 3"x3" 3 shelves \$50 508 320-7230

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With Lens and Flash 52 mm UV 35 mm 52 mm Zoom II 62 mm UV model 202 35-70 mm 1007773 Asking \$150.00 OR BEST OFFER 1-774-230-7555

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Call 774-262-9085

725 AUTOMOBILES

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OBITUARIES

Additional Obituaries,
see page A-11

Helen F. Heney, 91



NORTHBRIDGE-Helen F. (Healy) Heney, 91, passed away on Mon. May 11, 2020 at St. Camillus Nursing Home after a period of declining health. Her husband of 62 years, Philip D. Heney died Nov. 6, 2016.

She is survived by 4 sons Daniel J. Heney and his wife Marilyn of Douglas, Shawn P. Heney and his wife Betty Jo of NH, Thomas P. Heney and his wife Janet of Douglas, and Timothy P. Heney and his wife Lynn of Northbridge; 9 grandchildren, Brian Heney and his wife Rebecca of Douglas, Daniel Heney Jr. and his wife Sandra of Uxbridge, Thomas J. Heney and his wife Marie of Douglas, Jill Redding and her husband Christopher of Whitinsville, Jay Foley and his wife Jen of Whitinsville, Maura Heney of Uxbridge, Christopher Heney and his wife Alison of Sutton, Kelly Heney and Philip Heney both of Douglas; 14 great-grandchildren, Riley, Ciara, Gabe, Brooke, Christopher, Colin, Sam, Trevor, Alex, Owen, Grace, Austin, Tucker, and Maeve; and sev-

eral nieces and nephews. Born in Worcester, MA on Jan. 14, 1929 she was the daughter of John J. and Annie A. (Kett) Healy and lived in Northbridge 66 years. She had been a resident of St. Camillus the past 4 years.

Mrs Heney worked as an Accounting Supervisor 22 years at the Riley Stoker Company in Worcester, retiring at age 62. She then worked at Fox Bus Tours as a Tour Guide over 15 years. She loved this job guiding trips around New England and beyond. She was a member of the Oliver Ashton American Legion Post 343 Ladies Auxillary 50 years, the Blackstone Valley Quilters, and the Red Hat Society She was an active member of St. Peter's Church in Northbridge.

Her private funeral services will be held at the convenience of the family. Burial will be in St. Patrick's Cemetery. Memorial donations in her memory may be made to The Northbridge Food Pantry, 20 Highland St. or The Peace of Bread at The United Presbyterian Church, 51 Cottage St. both Whitinsville, MA 01588. To leave a condolence message for the family, please visit www.jackmanfuneralhomes.com

Shirley L. Schultzberg



UXBRIDGE-Shirley L. (Frederickson) Schultzberg, 91, passed away peacefully on Monday, May 11, 2020 in Milford Regional Medical Center, Milford. She was the wife of Gosta "Gus" H. Schultzberg who passed away in 2011.

Shirley was the daughter of Joseph L. and Emma K. (Ek) Frederickson and grew up in Worcester near Lake Quinsigamond.

She worked as a file clerk at Bernat Mills and also sold Avon for many years. Previously, she worked as a receptionist at Dr. Insuik's Optometrist office and was a graduate from Commerce High School in Worcester, MA.

She and her late husband "Gus" enjoyed yard sale excursions on weekends and selling their finds and other goods at the Grafton Flea Market on weekends for many years. She enjoyed reading suspense and mystery books, watching old movies on TCM and English Comedies on PBS. She also enjoyed watching her favorite sports

teams, The Boston Red Sox and the New England Patriots. Shirley enjoyed living in Uxbridge and appreciated the support and love of her children, grandchildren and great-grandchildren. She looked forward to going to the Uxbridge Senior Center for lunch and had fun with her friends and other fun activities at the center.

She is survived by her children Jean McElreath of Douglas, Dyan Larson-Parker of Douglas, Linda Walsh of Putnam, CT, Karen Legassey of Uxbridge, Nancy Schultzberg of Athol, Carol Moore of Whitinsville, Gary Schultzberg of Uxbridge, Gail Boutiette of Uxbridge and Glen Schultzberg of Brookline; 17 grandchildren and 20 ½ great-grandchildren. She was predeceased by a brother Robert Frederickson of Worcester.

A memorial gathering will be held at a later date.

Memorial donations may be made to the Uxbridge Senior Center, 36 South Main Street, Uxbridge, MA 01569.

Arrangements being made by Buma Funeral Home, Uxbridge.
www.bumafuneralhome.com

Blanche A. Beaudoin, 97



LINWOOD - Blanche A. (Sova) Beaudoin, 97, entered into eternal peace on May 15, 2020 succumbing to complications from Covid-19 at the Blaire House Nursing Home of Milford where she had been a resident for the past fourteen months. She was predeceased by her husband of 68 years, Wilfred A. Beaudoin in 2013.

Blanche deeply loved her family and is survived by her 4 children; Kenneth W. Beaudoin and his wife Susan of South Kingstown, RI, Paula B. Richard of Douglas, Donna A. Scherer and her husband Richard of Uxbridge and Linda G. DiLuca and her husband William of Uxbridge; 7 grandchildren: 4 great-grandchildren; 5 siblings; Stella Bailey, Elizabeth LaFosse, Chesterline Dion, Valerie Conlin all of Whitinsville, and Cecelia Parker of Webster, as well as many nieces, nephews and friends. She was predeceased by a brother Joseph Sova, and a sister, Catherine Valis.

Born in Whitinsville on November 2, 1922, Blanche was the daughter of

Karolina (Kramarz) and Stanley Sova. She worked for many area companies including the former Whittin Machine Works, Mr. Christmas, Pelland Cleaners, and Heberts Candy Mansion in Shrewsbury. First and foremost she was a mother and homemaker. Blanche greatly enjoyed the outdoors, camping and enjoyed blueberry picking on Cape Cod. Her flower and vegetable gardens were a great source of pride to her. She loved to show them to visitors and shared her vegetable harvest. Blanche was an amazing cook, especially traditional Polish dishes, and she used her homegrown vegetables for canning and cooking. Blanche was proud of her Polish heritage and was fortunate to travel to Poland in 1980 to meet many relatives living there. Blanche also liked crafting hooked rugs, which she made for each of her children. She was known for her energy and a work ethic that was tireless. A woman of great faith, she was a longtime parishioner of Good Shepherd Church.

Blanche's services will be privately held at the convenience of her family. A memorial service will be held at a later date. In lieu of flowers, donations in Blanche's memory may be made to Good Shepherd Church, 121 Linwood St, Linwood, MA 01525. To leave a condolence message for her family please visit: <http://www.Jackmanfuneralhomes.com>

Webster First donates more than \$5,000 to local food pantries

WORCESTER — Webster First has been a proud community credit union since it first opened in 1928. It's been an essential part of the credit union's mission to show support for their communities by getting involved with local causes and organizations, and giving back through charitable donations.

During these uncertain times in which COVID-19 has affected the lives of the people in their communities, Webster First recognizes the importance of being there for them now more than ever. That's why Webster First has donated more than \$5,000 to food pantries across their field of membership, to help support the people in the communities that they serve.

Below is the full list of food pantries and food banks that received a monetary donation:

Auburn Youth & Family Services Food Pantry

Douglas Community Food Outreach Program

Friends of the Spencer Seniors Grace Ministries United Parish Food Pantry

Greater Boston Food Bank

Our Father's House

Our Neighbor's Table

Project Just Because

Rutland Food Pantry

Wachusett Food Pantry

Webster-Dudley Food Share

Winthrop Community Food Pantry

Winthrop Veteran's Food Bank/

Winthrop American Legion Post 146

Worcester County Food Bank

About Webster First

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